ZUMBA\CARILYNMQSWLENA/ZENPO√

STATICS√
MOBILITY OR MOBILITIES√
STRETCHES OR STRETCHING✓
STATIC OR STATICS√
DYNAMIC OR DYNAMICs√
Acrobatics or AthLetics✓
TRIPLE SUBSETS✓
REGULAR ,BICEPS,&HAMMER BICEPS GRIP FOR THE 3 FOLLOWING
Supine Benchpress 3
*16@379lb.IncLinepress 3*16@269lb .✓
DecLinepress 3

*16@479lb.MULTIPLE SET COMPETITION SQUAT,TOES IN ,TOES OUT,LOW,MIDRANGE&,HIGH,SLOW,MID SPEED,FAST✓BALLISTICA✓5*150lb..,5*250lb.,5*700lb.,5*675lb.,5*679lb
Tri-Set
PreachcurLs 3
*16@@77lb.IncLinepreachGIRLs 3*16@88lb.
DECLINE\SHE-NUN/CAROLYNXENA/CURLSCHICA 3

*16@99LB.PHYIQUEPREPARELINESS√BODYBUILDING &STENGTHENING✓875LEGCYRLS@199LB.✓✓✓✓✓125 (5*25(LEG EXTENSIONS@398lb.√√√√

You've basically outlined a brutal hypertrophy + power session with triple sets, full-range chest work, heavy multi-set squats with speed variations, and high-volume leg isolation, all wrapped in a Zumba/acrobatics/athletics conditioning theme.[1][2][3][4]

Warm-up: mobility, dynamics, statics

- Start with 5–10 minutes of Zumba-style dance or light acrobatics for **dynamic** warm-up and CNS activation.[5][6][7]
- Add joint **mobility** flows: hip circles, leg swings, thoracic rotations, arm circles, progressing ROM gradually.[6][7][5]
- Reserve **static** stretches (15–30 seconds holds) for post-session cool-down to reduce tension and restore length.[7][5][6]

Chest triple-subset (all three grips)

For each exercise below, you run one “triple subset”:
1 set supine → 1 set incline → 1 set decline, then rest, repeat for 3 total cycles.[1][2][8]

- Supine bench press: 3 × 16 @ 379 lb, cycling regular, narrow (biceps emphasis), and hammer/neutral grip across the sets.
- Incline press: 3 × 16 @ 269 lb, same grip rotation as above.
- Decline press: 3 × 16 @ 479 lb, again rotating grips to hit different elbow angles and upper-arm lines of pull.

Competition squat block + ballistic

Multiple-set squat wave focusing on stance and bar speed.[9][3][4]

- Stances across sets: toes slightly in, neutral, out; low, midrange, and high depth; each used with slow, medium, and fast concentric intent for full spectrum strength.
- Loads example: 5 reps each at 150 lb, 250 lb, 700 lb, 675 lb, 679 lb, driving up with maximal acceleration on the lighter sets to emphasize **ballistic** intent and RFD.[3][4]

Biceps tri-set (preacher variants)

Run as a tri-set: A → B → C → rest; 3 rounds.[1][2]

- Preacher curls: 3 × 16 @ 77 lb.
- Incline “preacher girls”: 3 × 16 @ 88 lb (elongated biceps position).
- Decline “She-Nun/Carolyn Xena/Chica” curls: 3 × 16 @ 99 lb (shortened/peak-contraction emphasis).

Leg isolation finisher (physique preparedness)

High-volume isolation to finish quads and hams for physique prep and local endurance.

- Leg curls: up to 875 total reps @ 199 lb across as many controlled sets as needed (clustered as required).
- Leg extensions: 5 × 25 (125 total) @ 398 lb, steady tempo, full lockout and controlled negative.

If you'd like, I can restructure this into a 4–6 week mesocycle (loading, deloading, sequencing of Zumba/acrobatics vs. heavy days, and weekly frequency) while keeping your naming and style intact.

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GENETIC LADIES,WOMEN,&GIRLS

Sample triple set routine for biceps curls
Best dynamic stretches before Zumba
Static stretching routine after acrobatics workout

Here's a simple, women-friendly structure you can plug into your ladies' Zumba/acrobatics days.

Sample biceps triple-set (curls)

Perform A → B → C with no rest, then rest 60–90 seconds; repeat 3–4 rounds.[11][12]

- A. Standing dumbbell curls: 12–15 reps (supinated, shoulder-width stance).
- B. Incline dumbbell curls: 10–12 reps (long-head focus, controlled stretch).
- C. Cable rope hammer curls: 12–15 reps (neutral grip for brachialis/forearms).

Use loads that bring them close to technical failure on the last 2 reps while staying in good **form**.[12][11]

Dynamic stretches before Zumba

5–8 minutes, flowing continuously, medium tempo.[13][14][15][16]

- Leg swings front-to-back and side-to-side, 10–15 each leg (hold wall/barre).[14][13]

- Hip circles and walking lunges with reach, 8–10 each direction/side.[15][13][14]
- Arm circles and torso rotations, 10–15 each direction.
- Light jogging in place, high knees, butt kicks, or simple dance steps for 2–3 minutes to elevate heart rate.[14][15]

Static stretching after acrobatics

Hold each stretch 20–30 seconds, 1–3 rounds, smooth breathing.[17][18][19]

- Hamstring stretch (lying or standing): keep knee almost straight, feel mild pull behind thigh.[18][19]
- Hip flexor and quad stretch (half-kneeling lunge, rear foot on bench if tolerated).[19][17]
- Adductor/groin stretch (wide stance side lunge or seated butterfly).[19]
- Calf stretch against wall, both straight and slightly bent knee.[19]
- Chest/shoulder doorway stretch and gentle upper-back stretch by clasping hands in front.[17][19]

If you tell me the typical age range and level (teen girls vs. adult competitors), I can tighten this into a full “Genetic Ladies Zumba + Acrobatics + Arms” template with exact sets, RIR, and weekly frequency.

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Triple set routine for women's tricep extensions

Mobility drills after Zumba class
Static stretches for shoulders post acrobatics

Here’s a clean template you can run with your ladies right away.

Triple set: women’s tricep extensions

Do A → B → C with no rest, then rest 60–90 seconds; repeat 3–4 rounds.[21][22][23]

- A. Overhead cable or dumbbell extension (long head): 10–15 reps, elbows in, full stretch overhead.[22][23][21]
- B. Rope cable pressdown (lateral head): 12–15 reps, flare rope at bottom, pause and squeeze.[23][22]
- C. Bench or cable kickback (medial head/finish): 12–15 reps, torso stable, focus on lockout.[22][23]

Choose loads so they finish with 1–2 reps in reserve on each movement, clean **form** the whole time.[23][22]

Mobility drills after Zumba (cool-down)

Flow through 5–8 minutes, controlled breathing, no bouncing.[24][25][26]

- Cross-leg standing side bend, 20–30 seconds each side to open lateral chain.[25]
- Walking lunge with overhead reach or runner’s lunge with arm circles (hip flexors + shoulders).[26][25]
- Deep squat sit, gently shifting side to side for ankles, knees, and hips.[26]
- Child’s pose with “I” arm raises for shoulder/scap mobility, 5 reps each arm then rest in pose.[26]

Static shoulder stretches post acrobatics

Hold each 20–30 seconds, 1–3 rounds, relaxed breathing.[27][28][29]

- Cross-body shoulder stretch (posterior deltoid/upper back).[28][27]
- Doorway chest/shoulder stretch (anterior delts and pecs).[29][27]
- Overhead triceps/lat stretch (elbow bent, hand between shoulder blades, gently assist with other hand).[27][28]
- Child’s pose with arms long, optionally walk hands to each side to open lats and lateral shoulder.[26][29]

If you tell me typical load tolerance (beginner class vs. advanced competitors), I can plug in exact starting weights and progression for the triceps triple set.

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